PERSONAL RECIPES



Presented by

THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS

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DEDICATION

This book is dedicated to the Modern Home. In our Home today, as always, life is centered around our Kitchens. It is with this thought in mind that we, The Sponsors, have compiled these recipes. Some of them are treasured old family recipes. Some are brand new, but every single one reflects the love of good cooking that is so very strong in this country of ours.

EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE

MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PRO
JECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE
SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECT—
ING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE.
WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN
POSSIBLE.

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BISHOPRIC

Bishop	•	. 0			0				6	Thos. E. Funk
First Counselor.	•	٥,	0				۰	0	•	Stanley L. Morris
Second Counselor	0	•	5	o	٠	•		0		Thane L. Eddington
Ward Clerk			0							Ray L. Boley
Assistant Clerk.		•	•		9	0	0		R	Robert L. Yoder, Jr.

Compiled and Edited by - Iona McConkie

DEDICATION

This little book is written for you and is presented by the Bremerton Second Ward with the hope that it will help you in the performance of those loving duties in the home which are apt to become common place because they recur each day.

Today, as always, life is centered around our homes and kitchens and it is with this thought in mind that we have compiled these recipes. Some of them are treasured old family recipes. Some are brand new, but every single one reflects the love of good cooking that is so very strong in this country of ours. Remember that in the preparation of meals in your home you are doing more than cooking and serving food - you are building memories that in years to come will make men and women talk about those wonderful meals that Mother used to prepare. Will your children say of you, "No one can cook like Mother"?

EXPRESSION OF APPRECIATION

We want to express our appreciation to all those merchants whose generous cooperation in this project made it possible for us to publish this book.

We also want to thank all the women who submitted recipes and give special thanks to Iona McConkie who gave so generously of her time and energy in collecting and making available materials for this book.

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young.

When once selected give your entire thoughts to preparation for domestic use. Some insist on keeping them in a pickle, others are constantly getting them into hot water. This may make them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with love and seasoned with kisses. Wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with peaches and cream. Thus prepared they will keep for years.

Iona McConkie

水米水米水米

Relishes

Pickles

Appetizers

WEIGHTS AND MEASURES

3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	
51/3 tablespoons	
16 tablespoons	1 cup
1 cup	8 ounces
2 cups	1 pint
4 cups	1 quart
8 quarts	1 peck
4 pecks	1 bushel
2 tablespoons fat	1 ounce
½ lb. butter or fat	1 cup
1 lb. water or milk	1 pint
1 lb. granulated sugar	2 cups
1 lb. brown sugar	3 cups
1 lb. confectioners sugar	3½ cups
1 lb. flour	about 4 cups
1 lb. rice	2 cups
1 lb. pitted dates	2 cups
1 lb. cheese	5 cups, grated
1 sq. bitter chocolate	1 ounce
1 package cream cheese	3 ounces or 6 tablespoons
1 c. chopped nutmeats	1/4 pound
16 marshmallows	
1 cup egg whites	8 - 12 egg whites
½ pint heavy cream	1 cup, whipped
No. 1 can	1½ - 2 cups
No. 2 can	2½ - 2½ cups
No. 2½ can	3½ - 3½ cups
No. 3 can	4 cups
No. 10 can	12 - 13 cups

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

RELISHES, PICKLES, APPETIZERS

MY OWN CHILI SAUCE

20 lb. ripe tomatoes 4 green peppers

1 or 2 red peppers and 1 hot
 (if desired)
6 large onions

Scald, skin and chop tomatoes. Wash, remove seeds and chop peppers. Chop onions fine. Mix vegetables and add the following:

3 c. vinegar 1 1/2 c. sugar 1/2 c. salt 1 tsp. cinnamon 2 tsp. mustard seed 2 tsp. celery seed

Place in a bag:

1 tsp. black pepper

1 tsp. allspice

1 tsp. cloves

Cook all together over slow heat until thick as desired.

Alta Larson

LYNDY RELISH

2 medium cabbages

1 bunch celery

8 carrots 2 onions

1 c. grated horseradish 2 red sweet peppers

2 green peppers

Mix with 1/2 cup salt and let stand 2 hours then drain. Add the following - do not cook but seal:

3 to 6 c. vinegar (according to taste)

1 tsp. mustard seed

4 to 6 c. sugar (in proportion to amount of vinegar used)

1 tsp. celery seed

Alta Larson

CORN RELISH

2 doz. ears corn

1 qt. ripe tomatoes (cooked and strained)

-1- Bremerton, Wash.

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CORN RELISH (Continued)

1 qt. cucumbers

1 qt. onions

1 qt. green tomatoes

Grind.

1 1/2 c. vinegar

1 1/2 c. sugar 1/4 c. salt

Put in bag:

1 oz. mustard seed

1 oz. celery seed

Add:

1 tsp. turmeric (scant) 1 tsp. paprika (scant)

Mix all together and cook until tender or about 40 minutes.

Beth Taylor

DILL PICKLES

Into a 2 qt. bottle put:

a sprig of dill

grape leaf

Fill half full with pickles. Add another sprig and leaf. Fill with pickles and 2 buttons of garlic. Add.

2 tsp. salt

1 c. vinegar

Fill bottle with cold water and seal. These are good in 1 month.

> The cucumbers must be fresh and of good quality. Theo Wells

CHILI SAUCE

(Our favorite relish)

1 pk. ripe tomatoes

Peel and slice, add:

6 green peppers, chopped fine

6 chopped onions 2 Tbsp. cinnamon

-2- Bremerton, Wash.

KITSAP DAIRYMEN'S ASSOCIATION BREMERTON, WASHINGTON

CHILI SAUCE (Continued)

2 tsp. cloves 1 Tbsp. salt

2 c. brown sugar

2 c. vinegar

Cook until thick and seal.

Theo Wells

BREAD AND BUTTER PICKLES

12 medium cucumbers

1 tsp. celery seed 1 tsp. mustard seed 1 tsp. turmeric powder

6 onions
3 c. vinegar
1 tsp. salt

1 lb. brown sugar

Slice cucumbers and onions. Sprinkle with salt and cover with water and let them stay in this solution for about 40 minutes. Drain off water then add vinegar, sugar and spices. Boil until tender.

Pack in jars and cover well with the vinegar and spice and seal.

Iona McConkie

MUSTARD PICKLES

3 qt. cucumbers, diced 1 qt. pickling onions

1 cauliflower, cut in small

pieces

Let stand in salt brine overnight and then drain and wash and cook until tender in:

2 c. vinegar

1 c. cold water

Add:

1 tsp. celery seed

1 lb. brown sugar

1 tsp. mustard seed

Then mix: (with water to make paste)

3 Tbsp. flour

1 Tbsp. turmeric

2 Tbsp. dry mustard

MUSTARD PICKLES (Continued)

Thicken pickles - bottle and seal. Ella Taylor

MUSTARD PICKLES

Slice:

1 qt. large cucumbers 2 qt. small onions

1 qt. small cucumbers

6 green peppers

3 heads cauliflower

Soak in brine overnight in:

1 gal. water

1 c. salt

Drain and cook all in clear water, except cucumbers, until tender.

Boil 1 gal. vinegar and thicken with:

4 Tbsp. mustard

2 c. flour

4 c. sugar

1 oz. turmeric

Add all ingredients and seal in jars.

Chloe Stayner

Write Extra Recipes Here:



SALADS



FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove frui from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an over at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10-15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2-3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

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SOUPS, SALADS, BEVERAGES

RIBBON SALAD

Dissolve:

1/2 pkg. cherry gelatin 1 c. hot water

Add 1/2 of #2 1/2 can Libby fruit cocktail. Chill until set. Moisten:

1 Tbsp. plain gelatin

1/4 c. water

Dissolve in 3/4 cup boiling syrup drained from fruit cocktail. Cool and fold in:

1 pkg. cream cheese

1 c. mayonnaise

Pour this on first mixture and chill in ice box until set. Dissolve:

1/2 pkg. cherry gelatin

1 c. hot water

Add remaining fruit and cool. Pour on other two mixtures and chill until set.

Martha Francom

LARGE FRUIT SALAD (Delicious)

1 large can pineapple 1/2 doz. bananas

1/2 doz. oranges 1 c. chopped walnuts

Dressing for above:

1/2 c. lemon juice

1/2 c. pineapple juice

1 c. sugar

2 eggs, beaten light

Mix these ingredients together and cook until thick. When cool, add 1 cup Darigold cream, whipped and pour over diced fruit.

Eve Carr

M. I. A. PUNCH FOR 10 GAL.

2 46-oz. cans unsweetened orange juice 2 46-oz. cans unsweetened pineapple juice 10 lb. sugar 4 oz. citric acid

Dissolve sugar in hot water (1 gal. water to 10 lb. sugar). Bring to boil. Cool, add citric acid, add any coloring desired.

Do not use fresh or frozen fruit juice as it does not mix with acid.

Add enough cold water with ice to make 10 gal. punch. (unsigned)

MACARONI, EGG AND SHRIMP SALAD

Wash well-cooked macaroni. Chop 6 hard cooked eggs. Remove black cord from shrimp and cut in pieces. Shred crisp cabbage. Mix all together with a good dressing.

Frances Bramwell

OLD FASHIONED SOUP

Use any kind of beef chunks or oxtail and cook in 1 1/2 to 2 qt. water until tender. Add:

1 c. diced carrots

1 Tbsp. chopped onion

Cook until vegetables are tender, then add 1 can tomatoes and 1/2 cup rice and cook until rice is tender. Season with salt, pepper and celery seed to taste. Replace water as necessary during cooking.

Alice Boley

SALAD DRESSING

(especially good for potato salad)

Edith Johnson

1 c. vinegar 1/2 c. sugar

1 c. water 1 Tbsp. Darigold butter

2 eggs 2 Tbsp. flour

1/2 tsp. dry mustard

Boil vinegar and water together. Mix mustard, sugar, flour and butter into well beaten eggs, then pour boiling vinegar and water into mixture, pour back into kettle and cook for few minutes, stirring constantly. When cool and ready to use dilute to taste with canned milk. You may also mix with some Miracle Whip salad dressing if you wish.

Write Extra Recipes Here

Write Extra Recipes Here

Miscellaneous

MEAT SUBSTITUTES VEGETABLES

COOKING TERMS

AU JUS: With natural gravy.

ASPIC: This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN: Means covered with cheese or crumbs or both and baked.

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BLEND: To mix well.

BISQUE: A white soup made of shell fish.

BOUILLON: A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

CAFE AU LAIT: Equal parts of coffee and milk.

CANAPE: Small open appetizer, served as first course.

CHARLOTTE: A pudding made of bread or cake covered with fruit or gelatin.

CHILL: To place food in the refrigerator until cold, not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE: A light dish served between courses at dinner.

FONDUE: A light preparation of cheese and eggs.

FRAPPE: partly frozen.

FRICASSEE: A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE: Cut in fine strips or strings.

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE: To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PUREE: Food boiled to a pulp and put through a sieve.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196 degrees F. — not boiling).

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

MISCELLANEOUS, MEAT SUBSTITUTES. **VEGETABLES**

SAVORY BAKED BEANS

1 16-oz. can pork & beans 1/4 c. catsup 2 Tbsp. brown sugar

1/4 tsp. dry mustard

2 slices bacon, cut in inch

pieces

Combine ingredients. Bake uncovered in greased casserole in moderate oven, 350 degrees, 20 minutes. Cover and continue baking 20 minutes. Serves 4.

Alene Asav

DEVILED EGG CASSEROLE

6 hard cooked eggs

Devil with:

2 Tbsp. mayonnaise 1/2 tsp. salt

1/2 tsp. dry mustard and pepper

Arrange these in a greased baking dish. Cover these with white sauce made of:

1/4 c. Darigold butter

1 c. grated cheese 1 1/2°c, drained peas 1 c. cooked diced ham

1/4 c. flour 2 c. Darigold milk

Cover with 1/2 cup dry bread crumbs that have been rolled in 2 Tbsp. Darigold melted butter. Bake 15 minutes at 375 degrees.

Eve Carr

FRENCH HOT-CAKES

4 egg whites

4 egg yolks

Beat eggs separately; add: (to whites)

1. Thsp. sugar

dash of salt

Add 1/2 c. flour to yolks. Add 1 cup Darigold milk a little

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FRENCH HOT-CAKES (Continued)

at a time. Add liquid to egg whites and beat with rotary egg beater.

Faye Morris

BARBECUE SAUCE

1 medium onion salt and pepper to taste
2 Tbsp. vinegar 2 Tbsp. Darigold butter
4 Tbsp. lemon juice 2 Tbsp. brown sugar
3 Tbsp. Worcestershire 1 c. catsup
sauce 1/2 Tbsp. prepared mustard

1/2 c. water 1/2 c. chopped celery

This sauce can be used for spareribs, wieners, or hamburger patties.

Martha Francom

CREAMED EGGS WITH CHEESE

Slice into baking dish - 4 hard cooked eggs. Combine:

1 1/2 c. cream sauce 4 Tbsp. chili sauce

Pour this mixture over eggs. Top with:

1/4 c. dry bread crumbs
1/4 tsp. salt
1/4 c. grated cheese
1/4 tsp. paprika

Bake in hot oven until cheese is melted.

Alice Boley

DANISH DUMPLINGS

(For chicken soup)

2 Tbsp. oleomargarine 2 c. flour 2 1/2 c. evaporated milk 1 tsp. salt 4 Tbsp. fat, skimmed from 4 eggs

chicken broth

Put saucepan containing oleomargarine, evaporated milk, and chicken fat over medium heat. With a flour sifter, sift flour into saucepan, small amount at a time, stirring as you go. Cook and stir until really smooth and so thick mixture leaves sides of saucepan - about 5 minutes. Cool.

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DANISH DUMPLINGS (Continued)

Add salt and unbeaten eggs, one at a time, beat well after each addition.

Drop from teaspoon in boiling chicken soup. Cook, uncovered, 2 minutes. Turn dumplings over, cook 2 more minutes. Serve immediately. Do not overcook or dumplings will fall apart. Dumplings may be mixed hours ahead of serving time and stored in refrigerator.

Alice Shumaker

MACARONI LUNCHEON DISH

1 1/2 c. cooked macaroni 1 1/2 c. soft white bread crumbs

1 1/2 c. Darigold milk, scalded

2 Tbsp. Darigold butter, melted

1 tsp. minced onion salt and pepper to taste 2 egg yolks 1 pimento

2/3 c. grated cheese 1 Tbsp. minced parsley

Beat 2 egg whites and fold in last. Bake slowly for one hour.

Bertha McCleary

CELERY LOAF

1/2 c. celery

1/2 c. green peppers

3/4 c. walnuts, chopped

1/2 c. parsley, cut fine

1 large onion

2 eggs

1 c. bread crumbs

1 1/2 c. Darigold milk

pinch salt

Knead ingredients with hands and press into a greased loaf tin and bake in oven, 350 degrees, for 1 hour.

May Millett

TARTAR SAUCE

1 c. oil mayonnaise 1/4 c. chopped parsley 1 Tbsp. chopped pickle

1 Tbsp. chopped olives

1 Tbsp. finely chopped onions

Mix.

Eve Carr

CORN CASSEROLE

2 Tbsp. corn meal 2 Tbsp. flour

2 Tbsp. sugar 1 tsp. salt

Combine in saucepan the above ingredients with 1 cup Darigold milk. Cook until thick, stirring constantly. When thick, add:

1 can cream corn 2 eggs, well beaten 2 Tbsp. pimento (if desired)

Put in casserole and top with buttered crumbs. Bake 1/2 to 3/4 hour at 350 degrees.

Audrey Johnson

MINCEMEAT

4 lb. lean boiled beef, chopped

3 lb. suet, chopped fine

8 lb. apples, coarsely chopped

5 lb. raisins

3 lb. currants 5 lb. sugar

1/4 lb. citron, chopped fine 2 qt. apple cider

1 pt. cider vinegar

2 tsp. nutmeg 4 tsp. cinnamon

12 tsp. salt

juice of 3 lemons and 1 small can of pie cherries, seeded

Boil 30 minutes or until cooked. (Add berry juice if desired). Makes 1 dozen quarts.

Lela King

TERYAKI SAUCE

Maxine Funk

1 Tbsp, finely chopped dried ginger root (if not available, use powdered ginger) 2 Tbsp. sugar 1 tsp. Accent 1 c. Soy sauce

1 Tbsp. crushed garlic

1/4 c. vinegar or wine 1 Tbsp. meat tenderizer

Mix all ingredients to make sauce. Pour over thin small pieces of steak that have been pounded and scored. The liquid must cover the meat, add water to make necessary amount. Let stand for several hours or overnight depending on taste. Broil or grill over charcoal.

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BUN-STEADS

1/4 lb. American cheese. cubed

3 hard cooked eggs, chopped

17-oz, can tuna, flaked 2 Tbsp, chopped green

pepper

2 Tbsp. chopped onion

2 Tbsp. chopped stuffed olives

2 Tbsp. chopped sweet pickle

1/2 c. mayonnaise or salad dressing

Combine and spread generously on buns or toasted bread. Place in slow oven until cheese is melted. Serve hot. Helen Perl

CALIFORNIA CHICKEN PIE

27-oz. cans tuna fish 3 carrots 3 potatoes 1 c. peas

1 onion

Cook vegetables until done. Make a white sauce and put tuna fish in it. When vegetables are tender, mix them with sauce and fish mixture and put in a pan lined with pie dough. Cover with dough and bake.

Baking powder biscuits may be used over mixture instead of pie dough.

Fave Morris

HEAVENLY MACARONI

1 8-oz. pkg. macaroni 1 lb. ground beef 1/2 c. diced onion 1/2 c. diced green pepper 1 Tbsp. salt (level) 2 Tbsp. Crisco or oil

1 can tomato soup 1 can tomato sauce

1/2 tsp. celery salt 6 slices cheese

Cook macaroni in water and drain. Saute onions, pepper in shortening and add ground beef. Separate thoroughly in pan with onions and peppers and brown. Add seasoning and 1 can tomato sauce and simmer until meat is tender.

Place layers of meat mixture and macaroni until all is used in a casserole. Top with tomato soup and cracker crumbs. Then put slices of cheese on top of this. Bake 30 minutes at 400 degrees. Iona McConkie

PORK AND CORN BREAD BAKE

1 lb. (2 cups) pork

Brown until tender.

1/4 c. green pepper

1/2 c. water

Cook until tender. Drain and chop (reserve). Combine: (in 2 qt. casserole)

2 c. (2 8-oz. cans) tomato

2 c. whole kernel corn browned meat

Sift together:

3/4 c. flour 2 tsp. baking powder

3/4 tsp. salt 1 Tbsp. sugar

Add: 3/4 c. corn meal. Combine:

1 egg, beaten 3/4 c. Darigold milk

3 Tbsp. melted shortening chopped green pepper

Add this to dry ingredients, mixing until smooth. Pour over pork mixture in casserole.

Bake 30-35 minutes at 400 degrees.

Alene Asay

HAM AND CORN LOAF

2 c. ground ham 6 hard boiled eggs 1 small can corn 1 1/2 c. white sauce

Butter pan or baking dish and put in ham, spread corn on ham. Then slice hard boiled eggs on top and pour white sauce over this and sprinkle with bread crumbs.

Bake 30 minutes.

Ethelyn Lay

KIDNEY BEAN HAMBURGER CASSEROLE

2 lb. ground beef 2 cans kidney beans 1/2 tsp. Worcestershire sauce 1 small onion, chopped 1 can tomato sauce 1 Tbsp. shortening salt and pepper to taste

Brown onion and meat in shortening, stir to brown evenly

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KIDNEY BEAN HAMBURGER CASSEROLE (Continued)

and in small pieces. Add other ingredients except beans. Simmer 20 minutes. Add beans, season and simmer 30 minutes more. Serves 8 people.

Mary Chubb

RICE CURRY

1 c. rice (white, brown or converted)

Cook in plenty of salted water. If at all sticky, pour cold water over it in colander.

1 lb. hamburger
1 c. diced celery
1 Tbsp. curry powder
2 cans tomato sauce

2 large onions 1/2 green pepper, diced 1 can mushrooms

Put onions, celery and pepper in frying pan with enough shortening to keep from sticking. Stir and brown on low heat for 5 minutes. Add hamburger and mushrooms - simmer 5 minutes. Add tomato sauce or 3 Tbsp. catsup may be used instead of tomato sauce, then add curry powder and simmer 5 minutes.

Put mixture in casserole with buttered crumbs on top and bake at 350 degrees until lightly brown. Serves 6 people.

Myrtle Fry

SALMON AND POTATO CASSEROLE

Cook and mash a few medium sized potatoes and season with:

salt and pepper

Darigold butter

Line a greased baking dish with potatoes. Prepare a cup of white sauce:

1 1/2 Tbsp. flour1 Tbsp. Darigold butter

1 c. Darigold milk

Add:

SALMON AND POTATO CASSEROLE (Continued)

1 egg yolk

1/2 c. grated Swiss cheese

Pour half the sauce over potatoes. Over this spread 2 cups salmon and cover with remaining sauce. Sprinkle 1 cup buttered bread crumbs over top.

Bake in 350 degree oven 20 or 30 minutes.

Alice Boley

HAMBURGER CARROT LOAF

Mix your favorite hamburger loaf then slice carrots in bottom of baking pan and put the loaf on top of carrots. Bake with low heat and add a little water to the carrots to prevent burning.

Lena Tierney

KLARNEY

1 medium onion, chopped and browned

1 lb. beef or hamburger (cut beef in cubes)

1 c. water

2 heaping c. uncooked noodles

1 can ripe olives, sliced

1 large can whole corn 2 tsp. Darigold butter

cans tomato sauce

1 c. grated cheese

Mix ingredients and put in casserole. Bake 30 to 40 minutes at 350 degrees.

Martha Francom

HOT TAMALE PIE

1 lb. ground beef

2 medium sized onions, chopped fine

Put in pan and let simmer. Add:

1 can tomatoes

1 can whole kernel corn

Cook 20 minutes. Add or stir in slowly - 1 cup yellow corn meal.

Season with:

salt and pepper

chili powder

Take from fire and place in baking pan. Add:

1 bottle ripe olives

piece of Darigold butter

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HOT TAMALE PIE (Continued)

Bake 20 minutes.

Bertha McCleary

HAMBURGER CHOP SUEY

1 lb. ground beef 1 tsp. salt 1/4 tsp. pepper 2 large onions, sliced 2 c. diced celery2 Tbsp. Soy sauce3 Tbsp. cornstarchhot cooked rice

Cook beef, stirring with fork, until it loses its red color. Add salt, pepper, onion and celery; cook 5 minutes, stirring occasionally. Add 1 3/4 cups water; cover and cook 10 minutes. Add Soy sauce. Thicken with cornstarch blended with a little cold water. Cook slowly 10 minutes longer, stirring often.

Serve on rice.

Edith Johnson

EGG FOO YONG (Crab Omelet)

1 c. crabmeat, flaked
(or other canned meat)
1 c. onion, shredded
1 c. celery, shredded
diagonal

6 eggs, beaten
1 Tbsp. Soy sauce
1 tsp. salt
1/2 tsp. pepper
1 Tbsp. cornstarch

Maxine Funk

bean sprouts or bamboo shoots

may be used, any combination of vegetable is acceptable)

Parboil vegetables for a few seconds. Remove from heat. Heat large frying pan, add 2 Tbsp. oil and saute vegetable. Place in large bowl, add rest of ingredients. Reheat pan, add 1 Tbsp. oil and drop 3 Tbsp. of the mixture at a time into the greased pan and fry until slightly brown, turn over and brown other side.

1 Tbsp. Soy sauce 2 tsp. cornstarch

1 tsp. sherry or vinegar (1/2 c. water

Mix all ingredients and simmer, stirring constantly. When sauce thickens pour over omelet and garnish with parsley.

GREEN TOMATO MINCEMEAT

To 1 pt. chopped green tomatoes, use:

1 1/2 pt. chopped tart apples

3 c. sugar 1 lb. raisins

2 tsp. cinnamon

1 tsp. salt

1 tsp. allspice and cloves

1/4 c. vinegar

Mix together, bring to rapid boil, and simmer until thick. (Meat may be added if desired).

Iona McConkie

HANDY HINTS

For cleaning oven racks, soak them about 1 hour in your laundry tubs which have been filled with soapy water and a cup of ammonia added to the water.

Shirley Tracy

Use foil under pie tins in oven when baking fruit or juicy pies to save juice from getting on oven.

Tomatoes or peaches scalded with hot water, may be peeled easily.

Brush over the bottom crust for fruit pies with egg white to prevent the juices from soaking in the crust.

To make sweet cream sour, to each cup of cream add 2 teaspoons of lemon juice, or, for evaporated milk, 1 teaspoon vinegar.

How to cook every vegetable that grows, if it grows beneath the ground (root vegetables), it grows covered in the cold earth; then start it in cold water, and cover the pot with a lid.

If it grows above the ground (green vegetables) it grows uncovered (no lid) start it in boiling water. Cook them exactly as they grow until they are tender.

To cut meringue pies easily with a knife to save the meringue from dragging with the knife, sift a little granulated sugar over the meringue just before it is browned in the oven. This gives a pretty crust and makes the pie easy to cut.

To stop fish odor being given off while baking or broiling salmon, squeeze lemon juice on both sides of each salmon steak, or cut surface of salmon, and let it stand in refrigerator for one

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HANDY HINTS (Continued)

hour or longer before cooking.

To stop nuts and fruits sinking to the bottom of cakes, etc. heat them in the oven and then mix them in a little flour before adding to batter.

To keep rice or macaroni from boiling over, grease for 3 or 4 inches the inside of the kettle holding the water and it will not boil over.

To put out a fat fire in a frying pan or any pan, don't ever try to put out fire with water, just grab the salt box or soda box and throw salt or soda on fire and it will soon go out.

Scratches in your mahogany or other dark wood can be hidden by painting them with iodine.

When you want to roll crackers or dried bread, place them in a draw-string plastic bag. Crush the bag, and you have the crumbs in it instead of all over the table or floor.

Add a little lemon juice to water in which salad greens are to be freshened. This helps make them crisp.

The white of an egg will remove chewing gum from almost everything.

If you brush the metal grater with salad oil, cheese will not stick when you grate it, and the grater will be easier to clean.

Jona McConkie

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Write Extra Recipes Here:	
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MEAT
[] SH

Poultry

ROASTING

	KOASTING			
MEAT	Set Temperature	Time in Min	utes d	Time in Min. per Lb. Started Cooking from Frozen State
Beef				
Standing Rib 6-8 Lbs.	300	Rare	18-20	43
		Medium	22/25	47
		Well Done		55
Less than 6 pounds	300	Rare	33	55
Dess than o pounds	300	Medium	45	60
		Well Done	50	65
Rolled Ribs	300	Rare	32	53
Rolled Ribs	300	Medium	38	57
		Well Done	48	65
Down (bink minlitus)		well Dolle	40	00
Rump (high quality)	200		07 00	. 50
Standing	300		25-30	50
Rolled .	300		30-35	55
Lamb				
	900		90 95	40 /45
Leg	300		30-35	40/45
Rolled Shoulder	300		40-45	40-45
Shoulder (bone in)	300		30-35	40-45
Veal				
	000		07 90	40.45
Leg	300		25-30	40-45
Shoulder	300		25	40-45
Boned and Rolled	300		40-45	40-45
Pork				
	250		25 40	EO EE
Loin	350		35-40	50-55
Fresh Ham	350		30-35	50-60
Smoked Pork				
Ham (New style)	300		15	
Ham (New style) Half			18-20	
Ham Butts	300		35/40	
nam butts	300		39/40	
POULTRY				
TOOLIKI				
Chicken				
Stuffed 3-4 lbs.	350		45-40	
Stuffed 4-5 lbs.	350		40-35	
Stuffed over 5 lbs.	325		35/30	
Stuffed over 5 lbs.	020		00/00	
Turkey				
8-10 lbs.	325		25-20	
10-14 lbs.	325		20-18	
14-18 lbs.	300		18-15	
18-20 lbs.	300		15-13	
10-20 105.	300		10-10	
Goose				
10-12 lbs.	325		30-25	
			30-20	
Duck				
5-6 lbs.	350		35-30	

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

MEAT, FISH, POULTRY

MEAT LOAF

1 lb. ground beef 1/2 c. oatmeal 1 egg, beaten

2/3 can tomato juice 1/4 c. chopped onions 1/2 tsp. salt 1/8 tsp. pepper

Combine ingredients and pack firmly into a loaf tin. Bake 50 minutes at 375 degrees.

Frances Lyons

CRAB OR LOBSTER SUPREME

1 large can mushrooms

1/4 lb. Darigold butter

Saute. Then add:

3 Tbsp. flour 1 1/2 c. Darigold milk 1/2 c. Darigold cream dash of paprika 1/2 c. bouillon stock 2 c. lobster or crab 4 hard boiled eggs 1 tsp. salt

Add 2 well beaten eggs. After the mixture is cooked and creamy, put in baking dish and cover with buttered crumbs. Bake in hot oven 10 minutes.

Martha Francom

LOLLIPOP FRANKS

1 c. enriched flour 2 Tbsp. sugar 1 1/2 tsp. baking powder 1 tsp. salt 2/3 c. corn meal 2 Tbsp. shortening 1 slightly beaten egg 3/4 c. Darigold milk 1 lb. frankfurters (8 or 10)

Sift together flour, sugar, baking powder and salt. Stir in corn meal. Cut in shortening until mixture resembles fine crumbs.

Combine egg and milk; add to corn meal mixture, stirring until well blended. Insert wooden skewer into end of each frankfurter. Spread frankfurters evenly with batter. Fry in

LOLLIPOP FRANKS (Continued)

deep, hot fat, 375 degrees, until brown, 4 to 5 minutes. Serve with catsup and mustard.

Helen Perl

SHRIMP A LA PINEAPPLE

1 lb. shrimp, shelled

1/2 c. flour

1/2 tsp. salt 2 c. oil

2 eggs, beaten lightly

3 pieces pineapple, cut into

1/2 inch pieces

Sweet and Sour Sauce:

1/3 c. Heinz vinegar 2 tsp. Soy sauce

4 Tbsp. pineapple juice 1/2 c. sugar

Mix above ingredients. Allow to boil and simmer for a minute.

Remove shells from shrimp. Cut open the back ridge of each shrimp and remove the black sandy veins from its back. Wash and drain. Add flour and salt to beaten eggs and mix well to smooth paste. Add shrimp in egg and flour mixture. Heat pan, add oil. When hot, deep fat fry shrimp until light brown. Remove and drain.

Place in bowl, garnish with pineapple and add hot Sweet and Sour Sauce. Decorate with parsley.

Maxine Funk

SHRIMP WIGGLE

(A New England Favorite).

Make desired amount of basic white sauce according to your favorite recipe. Add:

green peas, cooked

shrimp, canned and drained 1 Tbsp. Darigold butter

Serve hot on saltine crackers.

Connie Eddington

SAUSAGE LOAF

1 lb. sausage

4 eggs

1 c. bread crumbs 1 can cream corn

Brown sausage in frying pan before making loaf then add

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SAUSAGE LOAF (Continued)

other ingredients and bake 40 minutes in 350 degree oven. Ethelyn Lay

CHICKEN CASSEROLE

1 4-lb. chicken, stewed 7 c. broth

1 lb. noodles 1/4 lb. grated cheese

1 can whole kernel corn 1 can peas 4 oz. mushrooms 1 onion

1 #2 1/2 can tomatoes 1 green pepper

Saute onion and pepper in Darigold butter. Boil noodles in broth. Put all together in casserole. Top with grated cheese.

Bake 20 minutes. Ethelyn Lay

SCALLOPED OYSTERS

Drain oysters in colander, then place them in buttered baking dish - one layer of oysters and some finely cut celery, then a layer of buttered bread crumbs, pepper and salt. Continue until pan is filled. Season with:

Worcestershire sauce

small amount of curry powder

The last layer should be buttered bread crumbs. Bake until oysters are well done.

Eve Carr

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Write Extra Recipes Here:	
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Rolls

Pies

Pastries

HINTS

Greaseless Griddle Cakes: When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

Sugar in Fruit Pies: When making fruit pies sprinkle the sugar under the fruit instead of on top. The juice will boil up through the fruit and not out and over the top.

When the custard pie shrinks away from the crust it has been baked in too hot an oven.

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

To prevent the bottom pie crust from becoming soggy, grease pie pans with butter. The crust will be soft and flaky.

Toast the nut meats and while hot add a little butter. Then your nut bread will take on a new aristocracy.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavor.

Dry biscuits are caused from baking in too slow an oven and handling too much.

Coarse textured muffins are caused from insufficient stirring and cooking at too low a temperature.

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 Tbsp. milk, then bake.

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

ROLLS, PIES, PASTRIES

BETSY RETSY ROLLS (Hot Rolls)

1 egg, beaten
1 tsp. salt
1 c. warm Darigold milk

1 Fleischmann's yeast cake 1/2 c. melted shortening 1 Tbsp. sugar enough flour to make a stiff

batter

Mix together in order in a large mixing bowl. Raise 2 hours or until light. Stir down with a spoon on a floured board. Add enough flour to make dough easy to handle. Roll out thin enough to cut with biscuit cutter, and make rolls.

Let rise and bake 15 minutes at 425 degrees. Iona M. McConkie

PUMPKIN PIE

6 Tbsp. brown sugar 1/2 tsp. salt 1 tsp. cinnamon 1/2 tsp. ginger 1/8 tsp. cloves

3 eggs 1 1/2 c. Darigold milk 1/2 c. dark Karo syrup

1 1/2 c. pumpkin

Mix sugar and spices, add eggs and beat slightly, add remaining ingredients, blend well. Pour into pastry lined tin and bake at 450 degrees until done.

Lela King

BANANA BREAD

1/2 c. shortening
1 c. sugar
2 eggs
3 ripe bananas, crushed

2 c. flour
1/2 tsp. salt
1 tsp. soda
1/4 c. nuts
1/4 c. cold water

Bake 40 minutes at 375 degrees. Makes one loaf.
Alice Boley

BUTTER ROLLS

2 1/2 c. Darigold milk, scalded2 tsp. sugar1 Tbsp. salt6 c. sifted flour

2 pkg. dry yeast 1/2 c. warm water 1/3 c. sugar 2 eggs, beaten Darigold butter, melted

Put yeast in 1/2 cup warm water and 2 tsp. sugar and dissolve and mix with other ingredients. Have dough as soft as can be handled. Put plenty of flour on board and roll out dough 1 inch thick. Spread with melted butter and fold in half and repeat this spreading with butter 5 times, folding in half and patting or rolling until 1 inch thick. The fifth time dough is left thicker. Cut with cheese glass. Place dough on side in muffin tins.

Let rise 3 hours. Bake 15 minutes at 400 degrees.

Myrtle Fry

HOT ROLLS IN ONE HOUR

3/4 c. Darigold top milk 1 egg

1 pkg. quick acting yeast 2 1/2 c. biscuit mix

Scald milk; cool until lukewarm; dissolve yeast in the warm milk; stir in egg, add to biscuit mix; beat well, but quickly until ball of soft dough is formed.

Turn onto lightly floured, cloth covered board. Knead gently 1/2 minute. Roll out into circle 1/8 inch thick. Cut into desired shapes for rolls. Place on greased baking sheet. Let rise in warm place until double.

Bake in moderately hot oven about 15 minutes.
Frances Bramwell

GRAPE-NUT BREAD

Sift together:

4 c. flour 7/8 c. sugar (1 cup minus 2 Tbsp.) 3/4 tsp. salt 3 tsp. baking powder

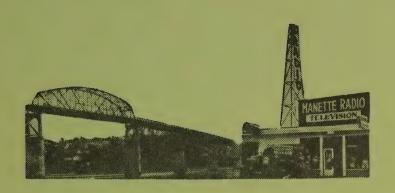
1 tsp. soda

Soak: (for 20 minutes)

1 c. Grape-Nuts

2 c. Darigold buttermilk2 Tbsp. melted shortening

Beat 2 eggs slightly, add Grape-Nuts mixture then flour mixture. Bake in two greased loaf pans 45 minutes at 350



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GRAPE-NUT BREAD (Continued)

degrees for metal pans; 325 degrees for Pyrex. Edith Johnson

SPOON BREAD

Scald 1 c. Darigold milk and stir in:

3 Tbsp. sugar 1 1/2 Tbsp. shortening

1 Tbsp. salt

Cool to lukewarm.
Measure in a bowl:

1 c. warm water

2 yeast cakes (Fleischmann's active dry or compressed)

Stir until dissolved. Add the above milk mixture and 4 1/2 cups sifted enriched flour. Stir and blend well. Cover and let rise about 40 minutes (double in bulk). Stir down. Beat vigorously 1/2 minute; turn into greased baking pans. Let rise 1/2 hour or double in bulk. Bake 1 hour. (2 loaves).

Lena Tierney

WHOLE WHEAT BREAD

2 c. Darigold milk, scalded and cooled to lukewarm 1 pkg. dry yeast soaked in 1/4 c. warm water with 1 tsp. sugar 5 c. (level) whole wheat flour

3 Tbsp. shortening

3 Tbsp. honey

2 tsp. salt

Knead and let rise until double.

Knead down twice thoroughly each time. Knead once more and throw dough hard into bowl two or three times. Let rise and put into pans. Let rise and bake 1 hour at 350 degrees. Makes 1 large or 2 small loaves.

Myrtle Fry

PINEAPPLE NUT BREAD

2 c. sifted all purpose flour 1/2 c. sugar

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PINEAPPLE NUT BREAD (Continued)

1 tsp. baking powder
1/2 tsp. salt
1 c. raisins
1 tsp. baking soda

1/2 c. walnuts, chopped

1 egg, beaten 1 tsp. vanilla

2 Tbsp. melted shortening 1 c. "Crisp Cut" crushed

pineapple, not drained

Sift flour, sugar, baking powder and salt into mixing bowl. Add raisins and nuts. Combine egg, vanilla and shortening; add to mixture. Dissolve soda in pineapple and add; stir until blended. Pour into greased loaf pan.

Bake in 350 degree oven 1 hour.

Maybelle Hepworth

LAST MINUTE ROLLS

1 1/4 c. Darigold milk

Scald and add:

2 1/2 Tbsp. sugar 1 1/2 tsp. salt

1/4 c. shortening

Cool to lukewarm.

2 cakes Fleischmann's yeast

1/4 c. warm water

Put yeast into warm water - stir until dissolved.

Add lukewarm milk mixture with other ingredients in a large mixing bowl. Stir in 3 1/4 cups sifted all purpose flour. Stir only enough to dampen flour. Fill greased muffin pans half full.

Cover and let rise in warm room until double in bulk - about 35 minutes. Bake in hot oven, 425 degrees, about 20 minutes.

Mamie Nelson

WASHINGTON PIE

1 c. sugar1 egg1/2 tsp. baking powder2 Tbsp. Darigold butter

1/2 tsp. ginger 1 tsp. cinnamon 1/2 c. Darigold milk

Mix all together and bake in an uncooked pie shell. Heat same as for custard. Add Darigold whipped cream topping when cold.

Alta Larson

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PUMPKIN PIE

1 c. pumpkin2 Tbsp. molasses2 eggs, mixed - not beaten1 tsp. ginger1 c. Darigold milk1 tsp. cinnamon

1/3 c. sugar 1/2 tsp. cloves (optional)

Pour in a prepared shell and bake. This pie has a custard consistency.

Theo Wells

PECAN PIE

3 eggs, slightly beaten 1 tsp. vanilla 1 c. Karo syrup (blue label) 1 c. sugar 1/8 tsp. salt 2/3 c. pecan meats

Mix all ingredients together adding nutmeats last. Pour into unbaked pastry.

Bake in hot oven, 450 degrees, 10 minutes; then reduce heat to moderate, 350 degrees, and continue baking until a silver knife blade inserted in center of filling comes out clean.

Maxine Funk

PINEAPPLE PIE

1/2 c. cornstarch 1 1/4 c. sugar 1/4 tsp. salt1/2 c. juice drained from crushed pineapple

Mix thoroughly in heavy saucepan and place over heat.

3 2/3 c. boiling water

Pour slowly into first mixture stirring and cooking until thick. Remove from heat.

2 beaten egg yolks2 Tbsp. oleomargarine

enough lemon juice to give a good tart taste

1 1/2 c. drained crushed pineapple

Add beaten egg yolks slowly, stirring until well blended.

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PINEAPPLE PIE (Continued)

Add remaining ingredients in order listed, stirring well after each addition.

Pour in baked pie shell and top with meringue.

Alice Shumaker

KARO PECAN PIE

1/2 recipe pastry 1 tsp. vanilla 2 eggs, beaten 1 c. sugar

1 c. Karo syrup (dark) 2 tsp. Darigold butter, melted

1/8 tsp. salt 1 c. pecan meats

Roll pastry 1/8 inch thick. Line 9 inch pie pan. Mix remaining ingredients and nuts last. Pour into shell.

Bake at 400 degrees for 15 minutes; reduce heat to 350 degrees and bake 30 minutes longer.

Shirley Tracy

APPLE PIE

6 tart apples
2 tsp. flour
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 c. sugar
2 tsp. Darigold butter
1/3 c. brown sugar

Prepare apples. Rub flour into bottom of pastry shell and sprinkle with 1/3 cup brown sugar. Arrange apples alternately with sugar and spice. Dot with butter. Cover with pastry. Brush top with brown sugar and Darigold milk for glaze. Sprinkle with cinnamon.

Bake at 425 degrees for 40 or 50 minutes.

Shirley Tracy

APPLE CRUMB PIE

5 to 7 tart apples

3/4 c. sugar

1/4 tsp. nutmeg

1/8 tsp. salt

pie crust for one crust pie

Pare apples and slice thin, add sugar mixture with spices; fill 9 inch pastry pie tin lined.

Crumb Topping:

1/2 c. sugar 1/3 c. Darigold butter 3/4 c. flour

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BREMERTON, WASHINGTON

APPLE CRUMB PIE (Continued)

Sift sugar with flour, cut in butter until crumbly. Sprinkle over top of apples in tin.

Bake in 450 degree oven for 10 minutes; then in moderate

oven 40 minutes.

Alene Asay

PUMPKIN PIE

2 eggs, slightly beaten 2 c. pumpkin 3/4 c. sugar 1/2 tsp. cinnamon 1/2 tsp. ginger 1/4 tsp. cloves 1 2/3 c. evaporated milk

Mix ingredients in order given. Pour into pastry shell. Bake in hot oven, 425 degrees, for 15 minutes; reduce heat to 350 degrees and continue baking 45 minutes.

Carol Ann Lyons

GLAZED RASPBERRY PIE

1 baked pie shell

3 c. raspberries

Fill pie shell with fresh raspberries and hold in place with glaze. Chill 2 hours. Serve with Darigold whipped cream.

Glaze for Pie:

1 c. raspberries, crushed 2 Tbsp. cornstarch 2/3 c. sugar

1/2 tsp. lemon juice 1 tsp. Darigold butter 1/4 tsp. nutmeg

Crush raspberries and strain. Add water to make 1 1/2 cups. Add a few drops of red coloring. Combine with sugar and cornstarch and cook until thick, stirring constantly. Remove from heat and add lemon juice, butter and nutmeg. Cool. Pour over raspberries in baked crust.

Jennis Chipman

DATE NUT BREAD

1 c. dates

1/2 c. nuts, chopped

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DATE NUT BREAD (Continued)

3/4 c. brown sugar 1 egg, beaten

1 tsp. soda 1 c. hot water 1/4 c. shortening 1/2 tsp. salt

1 1/2 c. all purpose flour

1/2 c. graham flour

Put dates and nuts in bowl and pour hot water over. Let stand 20 minutes. Add other ingredients.

Bake 60 minutes in 350 degree oven.

Alice Boley

DATE NUT BREAD

2 c. chopped dates 2 level tsp. soda

1 1/2 c. boiling water

Let stand until following is mixed:

2 Tbsp. Darigold butter

1 c. sugar 2 eggs 2 tsp. vanilla 3 1/2 c. flour 1 c. chopped nuts

Add date mixture. Bake 1 1/2 hours in 350 degree oven. Ethelyn Lay

WHOLE WHEAT MUFFINS

1 egg2 Tbsp. Darigold melted butter

2 1/2 Tbsp. raw sugar

1 c. Darigold sweet milk 1 1/2 c. whole wheat flour

2 tsp. baking powder

Mix sugar and butter. Add salt and beaten egg and cup of milk. Sift flour and baking powder and add to mixture. Beat batter until light.

Bake in well greased muffin pan in quick oven for 20 minutes.

Hilda Brannock

YEAST WAFFLES

1 c. Darigold milk 2 Tbsp. Darigold butter

2 Tbsp. raw sugar 1 1/2 tsp. salt

Heat above ingredients until butter is melted. Dissolve:

1/2 yeast cake

1/4 c. lukewarm water

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YEAST WAFFLES (Continued)

Put milk mixture in a bowl and add 1 cup Darigold cold milk. Add yeast and water. Add:

2 1/2 c. whole wheat flour 2 unbeaten eggs

Beat this mixture together until fluffy. Put in ice box overnight. Be sure to cover and allow room to rise. In morning beat down and then mixture is ready to use.

Hilda Brannock

JELLY ROLL

3 eggs, beaten thick and light

Add 1 c. sugar and beat. Add 3 Tbsp. water. Sift together:

1 c. flour

1/4 tsp. salt

2 tsp. baking powder

Add first mixture to second with:

1 tsp. vanilla

1 tsp. lemon

Line pan with greased paper and spread batter thin. Bake 10 to 12 minutes at 400 degrees.

Darlene Wells

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CAKES 0 K ES

HINTS

Roll raisins in flour before stirring them into a cake to prevent them from going to bottom.

When making cookies add 1 tsp. jam or jelly. The cookies will have a better flavor and stay moist longer.

2 Tbsp. of lemon juice added to 1 c. of milk will sour it immediately.

In making rolled cookies chill cookie dough for about $\frac{1}{2}$ hour. The dough will be much easier to handle and will require much less flour, therefore will make a more tender cookie.

To substitute cocoa for chocolate use 3 Tbsp. cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 Tbsp. shortening for every 3 Tbsp. cocoa used.

Cracks and uneven surface of cakes may be caused by too much flour, too hot an oven and sometimes from cold oven start.

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

CAKES, COOKIES

APPLE AND SPICE CAKE

1 Betty Crocker spice cake mix

2 c. shredded apples

1/3 c. flour

Mix together.

Topping:

1/2 c. brown sugar

1 Tbsp. corn syrup

2 Tbsp. Darigold butter dash salt

2 Tbsp. Darigold top milk or

Darigold cream

1/4 to 1/2 tsp. vanilla

Heat until it boils.

Joan Taylor

POOR MAN'S CAKE

1 c. lard or Crisco

2 c. raisins 3 c. water

3 tsp. cinnamon

3 c. sugar-

1 tsp. baking powder

1 tsp. nutmeg

1 tsp. allspice

1/2 tsp. cloves

1/2 tsp. salt

3 tsp. soda

6 c. flour

Boil lard, sugar, raisins and water for 3 minutes. Add spices mixed with flour and soda which has been dissolved in warm water. Add baking powder.

Bake in large dripper or loaf pans. Bake in slow oven for 2 hours or until done.

Iona McConkie

FRUIT SHORTCAKE

2 c. sifted flour

3 tsp. baking powder

1 tsp. salt

ing powder

1/4 c. sugar

1/3 c. Crisco

1 egg

2/3 c. Darigold milk

Mix dry ingredients; cut in Crisco until the mixture looks

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FRUIT SHORTCAKE (Continued)

like coarse meal. Add milk and egg and stir just enough to hold dough together. Place on board or pastry cloth which has been dusted with flour. Knead lightly several times.

Roll dough about 3/4 inch thick, cut with floured cutter, place on cookie sheet and bake in hot oven, 425 degrees, about 15 minutes or until as brown as desired.

When cool, split open and serve with sweetened fruit and Darigold whipped cream.

Edith Johnson

BANANA CAKE

1 1/2 c. sugar
1/2 c. shortening
1 c. mashed bananas
2 eggs
4 Tbsp. Darigold sour
milk
1 1/2 c. flour

1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1/2 tsp. salt
1 tsp. vanilla

Cream sugar and shortening. Add well beaten eggs and bananas; add milk and dry ingredients.

Bake in medium oven about 20 minutes. Very good as cupcakes. They stay moist and do not require icing. You may add nuts if desired.

Edith Johnson Bertha McCleary

NUT SPICE CAKE

1/2 c. Crisco
2 tsp. cinnamon
2 c. sugar
2 eggs
2 tsp. vanilla
2 c. Darigold sour milk
2 1/2 c. cake flour
1 tsp. soda
1 c. raisins
1 c. nuts

Mix in order given. Sift dry ingredients 3 times, then add nuts and raisins to 1/5 of flour mixture.

Bake 1 hour in slow oven.

Frances Bramwell

CONGO BARS

Bake at 375 degrees 25 to 30 minutes.

2 1/4 c. brown sugar (1 box) 2/3 c. shortening

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CONGO BARS (Continued)

Cream together.

3 eggs 1/2 tsp. salt 1 tsp. yanilla 2 3/4 c4 sifted flour
2 1/2 tsp. baking powder
1 c. nutmeats and 1 c. dates
or 1 6-oz. pkg. chocolate chips
and 1 c. coconut

Joan Taylor

PINEAPPLE COOKIES

4 c. flour
2 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 c. shortening
1 c. brown sugar

1 c. white sugar
2 eggs
1 c. crushed pineapple (do not drain juice off)
1 tsp. vanilla
1 c. chopped walnuts or coconut

Mix as any other cake or cookie batter. It is best to chill slightly before preparing them for oven.

Now drop by teaspoon onto greased cookie sheet and bake in 350 degree oven 12 to 15 minutes or until very light brown.

Edith Johnson
Diane Johnson

2 c. flour

3/4 tsp. salt

FUDGE CAKE

1/2 c. shortening
1 1/4 c. sugar
2 oz. melted chocolate
2 eggs
1 tsp. vanilla
1/2 c. Darigold milk

1 tsp. soda 4 3/4 c. boiling water

1 1/2 tsp. cream of tartar

Mix shortening, sugar, melted chocolate, eggs, vanilla and milk together. Add dry ingredients to this mixture and then add the boiling water last.

Bake at 375 degrees for 30 minutes.

Audrey Johnson

1/2 c. flour

2 c. mixed candied fruit

Sift flour over fruit. Add:

1 1/2 c. white raisins

1/2 c. coconut

1/2 c. chopped nuts

Mix.

Cream: (until light)

2/3 c. shortening

1 c. sugar

Add 3 eggs one at a time. Beat well after each. Add:

1 Tbsp. grated orange rind

1 tsp. vanilla

Sift together:

1 1/2 c. flour

1/2 tsp. salt

2 tsp. baking powder

Add alternately with 1/4 cup orange juice. Add fruit and nut mixture. Put in loaf pan and bake 30 minutes at 325 degrees. Reduce heat to 300 degrees and bake 45 minutes more. Let stand in pan a few minutes. Remove and cool.

Wrap in cloth sprinkled with orange juice and store in

tight tin for a few days.

Ethelyn Lay

WALNUT LAYER CAKE

Eve Carr 1 tsp. vanilla

1/3 c. shortening1 tsp. vanilla1 c. sugar1/2 c. Darigold milk2 c. sifted flour1/2 c. chopped walnuts

2 1/2 tsp. baking powder 3 egg whites

1/2 tsp. salt

Cream shortening thoroughly, then add sugar gradually, creaming after each addition until mixture is light and fluffy. Sift flour, baking powder and salt together. Mix vanilla with milk - add alternately with dry ingredients sifted together and walnut kernels to sugar mixture. Beat with a spoon after each addition until smooth. Beat egg whites stiff, but not dry, fold them carefully into the cake batter.

Turn into greased loaf pan, 8x8x2 inches. Bake in moderate oven, 350 degrees, for 50 or 60 minutes or turn into two greased layer cake pans and bake at 375 degrees for 20-30

minutes.

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

FRUIT - OATMEAL COOKIES

1 c. sugar
1 c. shortening
2 eggs
5 Tbsp. Darigold sweet milk
2 c. flour
1/2 tsp. salt
2 c. oatmeal
1 c. raisins
3/4 c. walnuts
3/4 c. dates

Wash raisins and roll out on paper towel. Cut up walnuts and dates - set aside. Sift flour, soda, cinnamon and salt together three times. Cream shortening and sugar. Add beaten egg and the milk. Stir to smoothness. Add flour mixture and oatmeal. Add fruits and nuts. Mix well.

Drop from a teaspoon on a greased cookie sheet. Allow some room for spreading.

Bake at 350 degrees for 15-20 minutes.

Alice Shumaker

FLO'S OATMEAL COOKIES

Cream:

1 c. white sugar 1 c. brown sugar 1 c. shortening

Add.

2 eggs

1 Tbsp. vanilla

Add:

2 c. flour 1/2 tsp. salt 1 tsp. soda 3 c. oats

1 pkg. chocolate chips (nuts or coconut - optional)

Drop in teaspoonfuls on greased cookie sheet and bake at 350 degrees about 10 minutes.

Connie Eddington

SOUR CHERRY COOKIES

1 1/2 c. sugar

575

1 qt. pie cherries, well drained

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SOUR CHERRY COOKIES (Continued)

1 c. shortening 3 eggs, beaten well 3 Tbsp. cherry juice

2 level tsp. soda dissolved in cherry juice

4 c. flour 1 tsp. salt

1 tsp. maple flavoring

1 c. chopped nuts

Mix well and drop on greased pan. Bake at 350 degrees about 20 minutes.

Helen Perl

RANGER COOKIES

1 c. shortening 1 c. brown sugar 1 c. white sugar

2 eggs

1 tsp. vanilla 1 c. coconut

1 c. nuts

1 tsp. soda 1/4 tsp. salt 2 c. oats

2 c. Corn Flakes

2 c. flour

1/2 tsp. baking powder

Mix thoroughly. Bake at 375 degrees 10 to 12 minutes. Muriel Nuttall

CHOCOLATE SYRUP CAKE

1 c. flour 2 tsp. baking powder 1/2 tsp. salt 3/4 c. sugar 1 egg

1/2 c. Darigold milk

2 Tbsp. melted shortening

1 c. chopped nuts 6 Tbsp. cocoa 1 c. brown sugar 1 3/4 c. hot water

Sift flour and measure. Sift again with baking powder, salt and sugar. Add well beaten egg yolk, milk and shortening. Add nutmeats, mix well.

Spread into greased 9 inch cake pan. Combine cocoa and brown sugar. Sprinkle over top. Pour hot water on tablespoon, allowing it to overflow on mixture.

Bake in moderate oven, 350 degrees, 45 minutes. Remove from oven and top with meringue made by beating:

2 Thsp. sugar

egg white

Return to oven and bake about 15 minutes. Faye Morris

GOOD MILK IS GOOD FOOD - USE DARIGOLD PRODUCTS KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

THUMBPRINT COOKIES

Mix together thoroughly:

1/2 c. soft shortening 1/4 c. brown sugar

1 egg yolk

1/2 tsp. vanilla

Sift together and stir in:

1 c. sifted flour

1/4 tsp. salt

Roll into 1 inch balls, dip in slightly beaten egg white, and then in 1 cup finely chopped Filbert nuts.

Bake 5 minutes on ungreased cookie sheet. Remove from oven, press thumb gently on top of each cookie, then return to oven and bake 8 minutes longer. Cool. Place in thumb-prints some colored frosting.

Makes 2 dozen cookies.

Faye Morris

INSTANT FRUIT CAKE

Boil together for 5 minutes:

1 c. shortening 2 c. sugar 5 Tbsp. cocoa 2 1/2 c. water 2 c. raisins 1/2 tsp. salt 2 tsp. cinnamon 1 tsp. cloves 1 tsp. nutmeg

Let cool, add:

1 tsp. soda in 3 Tbsp. lukewarm water

2 tsp. baking powder in 4 c. flour

1 1/2 c. nuts

Mix well and bake in loaf pans in slow oven 1 hour. Frances Lyons

APPLESAUCE COOKIES

1/4 c. shortening 2/3 c. brown sugar/

1 egg, well beaten 1/2 c. applesauce

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APPLESAUCE COOKIES (Continued)

1/2 c. oatmeal

1/2 c. raisins

1/2 c. nutmeats

1 c. sifted flour

1/2 tsp. soda

1/2 tsp. baking powder

1/2 tsp. salt

2 Tbsp. Darigold milk

Pour boiling water over raisins and let stand a few minutes and drain. Combine other ingredients. Cream shortening and sugar and add egg. Blend in applesauce. Sift together flour, soda, baking powder and salt and add to other mixture alternately with milk. Add oatmeal and nuts and drained raisins.

Drop from teaspoon on greased cookie sheet. Bake at 375 degrees 10 to 15 minutes.

May Millett

MY OWN BROWNIES

2 eggs

2 c. sugar

Beat eggs and add sugar - beat this well. Add 1/2 cup Darigold butter or melted shortening. Beat this until light and fluffy. Add:

3 sq. melted chocolate 2/3 c. evaporated milk 1 tsp. vanilla

Sift flour and measure 2 cups. Sift again with:

2 tsp. baking powder

2 tsp. salt

Put this with first mixture. Add 3/4 cup nuts. Spread into square pan lined with waxed paper. Bake in slow oven, 350 degrees, 1/2 hour. Cut into squares while warm. Mary Chubb

PINEAPPLE FILLED COCONUT BARS

3/4 c. sugar 1/4 tsp. salt

3 Tbsp. cornstarch

Mix. Add to the following mixture:

1 1/4 c. crushed pineapple 1 Tbsp. Darigold butter

1 Tbsp. lemon juice

Cook until clear, cool slightly before using. Mix in separate bowl:

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BREMERTON, WASHINGTON

PINEAPPLE FILLED COCONUT BARS (Continued)

1/4 c. Darigold butter or
margarine1 c. sifted flour
1/2 tsp. salt1 c. packed brown sugar1 1/2 c. coconut

Mix well. Press 1/2 mixture into a pan - spread pineapple mixture evenly, cover with remaining crumbs, press firmly. Bake at 325 degrees 35 minutes. Cut into bars.

Frances Lyons

CHERRY COOKIES

1 3/4 c. flour
1 egg
1/2 tsp. salt
1 c. shortening
2/3 c. sugar

1 egg
1/2 tsp. vanilla
1/3 c. maraschino cherries

Sift flour, measure, add salt, sift again. Cream fat, add sugar and egg. Stir in flour mixture, vanilla and cherries. Chill well. Roll into small balls, flatten with bottom of glass, dipped in flour to prevent sticking.

Bake at 400 degrees 10 minutes. Makes 2 - 3 dozen. Shirley Tracy

DATE NUT CAKE

1 c. Wesson oil
1 d. chopped dates
1 3/4 c. sugar
2 c. flour
1 c. nuts
1 tsp. nutmeg
1 c. Darigold milk
1 level tsp. soda
3 eggs

Mix and bake in moderate oven 50 to 60 minutes.

May Millett

BANANA RAISIN LOAF

1 c. raisins1 tsp. salt1 egg1/4 tsp. soda1 c. mashed bananas1/4 c. shortening1 Tbsp. grated orange rind1/2 c. sugar

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BANANA RAISIN LOAF (Continued)

2 tsp. baking powder

1/4 c. Darigold milk

2 c. sifted flour

Cream shortening and sugar. Add beaten egg. Blend in banana and orange rind. Sift flour, baking powder, salt and soda. Blend into creamed mixture alternately with milk. Add raisins.

Bake in loaf pan in 350 degree oven 1 hour. Let stand 5 minutes before turning out on rack to cool.

Jennis Chipman

GUMDROP COOKIES

3 eggs, beaten 1/2 c. Darigold milk 2 c. brown sugar 1/2 tsp. salt 1 tsp. almond flavoring

2 c. flour 1 lb. gumdrops, cut in pieces

1 c. nuts

Bake in large pan 30 minutes in 325 degree oven. Frost while warm and cut in squares.

Chloe Stayner

APPLESAUCE CAKE

1/2 c. shortening 1 1/2 c. sugar

2 1/2 c. flour 1 tsp. soda

1.egg

1/2 tsp. baking powder 1 tsp. cinnamon, nutmeg and

1 1/2 c. lukewarm applesauce

cloves 1 c. raisins 1 c. nuts

(Grated orange peel makes a nice flavoring to this cake). More fruit can be added.

Bertha McCleary

ORANGE CAKE

1 c. raw sugar 1/2 c. shortening 1 c. Darigold sour milk 2 eggs

1 tsp. soda 2 c. flour 1/2 c. walnuts

1 c. raisins

2 c. whole wheat flour

Grind rind of 2 small oranges. Save juice in separate bowl and add 1/4 cup raw sugar. Blend sugar and shortening.

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GOOD MILK IS GOOD FOOD 4 USE DARIGOLD PRODUCTS KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

ORANGE CAKE (Continued)

Add beaten eggs. Combine dry ingredients and add alternately with milk. Add nuts and raisins.

Bake in moderate oven. When cake is done spoon juice and sugar mixture over top for glaze.

Hilda Brannock

APPLESAUCE WACKY CAKE

Sift together into an ungreased pan, 8x8x2 inches:

1 1/2 c. flour 1 c. sugar 1/2 tsp. salt 1 tsp. soda 1/4 tsp. cinnamon 1/2 tsp. nutmeg 1/4 tsp. allspice

Make 3 holes. Put in:

1st.hole - 1 tsp. lemon flavoring

2nd. hole - 1 tsp. vanilla 3rd. hole - 6 tsp. oil

Put on top of this:

1/2 c. nuts
1 c. raisins

1 1/4 c. unsweetened applesauce

Mix all of the above ingredients and stir well. Bake in 350 degree oven until done.

Lena Tierney

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:



FOODS TO SERVE 25 PEOPLE

	9 9
Cream for Coffee	$1\frac{1}{2}$ pints
Whipping Cream	1 pint
Rolls	50
Preserves or Jelly	$1\frac{1}{2}$ pints
Butter in Squares	1/2 pound
Salad Dressing	1 pt. or ½ lb.
Pickles	$1\frac{1}{2}$ pints
Potatoes, diced or mashed or sweet	1/2 peck
Asparagus, scalloped	1 No. 10 can
Carrots, creamed	3. No. 2 cans
String Beans	- P 12
Beets	cans
Cabbage	5 lbs.
Lettuce, medium heads for salad cups	3 heads
Peas	18 lbs. fresh or 4 No. 2
	cans
Ham, baked (low heat)	8 lbs.
Beef Roast	10 lbs.
Pork Roast	10 lbs.
Meat Loaf,	
Pork	1½ · lbs.
Beef	$3\frac{1}{2}$ lbs.
Swiss Steak	10 lbs.
Ice Cream, brick	4 bricks
Ice Cream, bulk	1 gallon

GOOD MILK IS GOOD FOOD - USE DARIGOLD PRODUCTS

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

DESSERTS

BAKED CUSTARD

3 slightly beaten eggs 1/4 c. sugar 1/4 tsp. salt

2 c. Darigold milk 1 tsp. vanilla nutmeg

Combine eggs, sugar and salt. Scald milk and stir slowly into egg mixture; add vanilla, pour into custard cups or casserole and sprinkle with nutmeg.

Bake in pan of hot water in moderate oven, 325 degrees, until mixture doesn't adhere to knife, about 30 to 40 minutes.

Diane Johnson

ENGLISH APPLE

about 8 large Roman Beauty apples

Slice in baking pan and sprinkle with:

1/2 c. sugar

1/2 c. water

Mix together until crumbly:

1 c. brown sugar

1 sq. Darigold butter

1 de lour.

Pour over top of apples and bake about 40 minutes.

Frances Bramwell

LEMON PUDDING

1 Tbsp. Darigold butter

1 c. sugar

Cream together. To this add:

2 beaten agg yolks 1 c. Darigold milk 2 Tbsp. cake flour, stirred into a little of the milk1 lemon (juice and rind)

Fold in stiffly beaten egg whites. Put into 6 custard cups or 1 casserole dish. Set in pan of water and bake in slow oven

LEMON PUDDING (Continued)

about 1 hour. Top forms soft cake and the bottom forms a sauce. Serve hot or cold.

Frances Bramwell Edith Johnson

COCKTAIL PUDDING

1 c. sugar 1 c. flour 1 egg, beaten

1 tsp. soda

1 c. brown sugar 1 c. chopped nuts

1 #2 can fruit cocktail, not

Sift together flour, sugar and soda. Add undrained fruit cocktail. Add beaten egg and blend. Pour into an 8x8x2 inch buttered pan or baking dish; over the batter, sprinkle the brown sugar and nuts.

Bake at 300 degrees for one hour. Serve with Darigold whipped cream.

Florence Nuttall

CARROT PUDDING

1 c. grated carrots

1 c. dry bread crumbs

1 c. grated potatoes or apples

1/2 c. Darigold melted butter1/2 c. orange juice and little of the rind

1 c. raisins
1 c. currants

1/2 tsp. nutmeg, allspice and

1 c. brown sugar

cinnamon

1 c. flour and 1 tsp. baking powder

Mix and steam 3 hours. Put in cans 2/3 full and cover with lids to steam. Serve with your favorite sauce.

Bertha McCleary

ORANGE SAUCE

Helen Perl

Good for Angel Food Cake.

4 egg yolks 1/2 c. sugar juice of 2 oranges grated rind of 1 orange

Boil until thick. When cool, add:

1/2 c. coconut

pinch salt

Add 1/2 pt. Darigold whipped cream before serving.

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GOOD MILK IS GOOD FOOD - USE DARIGOLD PRODUCTS

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

APPLE CAKE DESSERT

1/2 c. shortening1 c. brown sugar1 c. flour1 egg1 tsp. soda1/2 tsp. cinnamon1/2 tsp. salt2 c. apples, sliced

Nuts may be added if desired. Combine ingredients and bake.

Florence Nuttall

CARROT PUDDING

1 c. grated carrots
1 c. raisins
1/2 tsp. cinnamon
1/2 tsp. cloves
1 c. suet
1 c. sugar
1 tsp. soda

Add soda to potatoes and add other ingredients and steam 3 hours.

Chloe Stayner

STEAMED GRAHAM CRACKER PUDDING

2 c. graham crackers
1 small can milk
1 c. brown sugar
2 tsp. baking powder
1 c. raisins
1/2 c. chopped nutmeats and coconut
1 egg

Mix graham cracker crumbs and brown sugar thoroughly, add baking powder, raisins, nuts, coconut and egg. Stir in can of milk. Place in greased casserole and cover with 2 thicknesses of waxed paper. Steam 1 1/2 hours.

Frances Lyons

CHOCOLATE ICE BOX PUDDING

1 Tbsp. or 1 pkg. unflavored gelatin 1 egg yolk, beaten 1/4 c. cold water 1 egg white, stiffly beaten 1/2 pt. Darigold whipping cream crushed vanilla wafers

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CHOCOLATE ICE BOX PUDDING (Continued)

Soak gelatin in 1/4 cup cold water. Melt chocolate and add 1 Tbsp. water and 1/2 cup sugar. Stir gelatin mixture into chocolate mixture until dissolved. Stir this mixture into beaten egg yolk and cool.

Fold in beaten egg white and whipped cream.

Line an 8x8 inch baking pan with waxed paper. Put vanilla crumbs in bottom of pan and pour filling over top. Sprinkle more vanilla wafer crumbs on top. Chill in ice box 24 hours.

Serve with Darigold whipped cream. Serves 6.

Myrtle Fry

GINGERBREAD APRICOT UPSIDE DOWN CAKE

Put Darigold butter and brown sugar in bottom of 7x11 inch pan. Place apricots face down in pan. Pour in gingerbread mix. Bake at 350 degrees 35-40 minutes. Serve with Darigold whipped cream.

1 can apricots
1 pkg. gingerbread mix

1/3 c. Darigold butter 1/2 c. brown sugar

Shirley Tracy

MAPLE NUT WHIP

2 c. hot water

1 c. brown sugar pinch salt

Mix cornstarch, brown sugar and salt together, dissolve in a little hot water. Add the boiling water to this mixture. Cook, stirring constantly, until thick and jelly like. Add 2 drops Mapleine. Let cool.

Beat 2 egg whites until they form peaks. Add the mixture to the egg whites slowly, beating constantly. Beat until it turns white and very thick. Chill. Sprinkle with nutmeats.

Maxine Funk

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

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JELLY, CANDY PRESERVES

Jake time

for 10 things

- 1 Take time to Work—
 it is the price of success.
- 2 Take time to Think—
 it is the source of power.
- 3 Take time to Play—
 it is the secret of youth.
- 4 Take time to Read—
 it is the foundation of knowledge.
- 5 Take time to Worship—

 it is the highway of reverence and washes
 the dust of earth from our eyes.
- 6 Take time to Help and Enjoy Friends—
 it is the source of happiness.
- 7 Take time to Love—

 it is the one sacrament of life.
- 8 Take time to Dream—

 it hitches the soul to the stars.
- 9 Take time to Laugh—
 it is the singing that helps with life's loads.
- 10 Take time to Plan—

 it is the secret of being able to have time to take time for the first nine things.

GOOD MILK IS GOOD FOOD - USE DARIGOLD PRODUCTS

KITSAP DAIRYMEN'S ASSOCIATION

BREMERTON, WASHINGTON

JELLY, CANDY, PRESERVES

BANANA AND PINEAPPLE IAM

4 c. prepared fruit 7 1/2 c. sugar

1 bottle Certo

To prepare fruit - crush about 5 fully ripe bananas to a

fine pulp and add one #2 can crushed pineapple.

Measure sugar and prepared fruit into large kettle. Mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard one minute. Remove from fire and stir in Certo. Skim; pour quickly.

Makes about 11 glasses.

Maybelle Hepworth

APPLES FOR PIES OR TO CAN

Wash and peel apples and slice a large pan full. Sprinkle 3 cups sugar over them. Stir well with a wooden spoon. Be careful not to break the slices.

Let stand several hours to make their own juice. Stir several times. The apples shrink some and in this way they pack in the jars nicely. Pack them in the jars and process in boiling water for 25 minutes.

Mamie Nelson

PEAR HARLEQUIN

12 large Bartlett pears 2 oranges (juice and rind, 3/4 c. sugar to 1 c. fruit ground fine)

1 large can crushed pineapple

Let stand overnight. Cook carefully and add 5 oz. maraschino cherries, cut fine. Put in jars and seal. Fave Morris

BEET JELLY

Scrub, wash and cut beets in inch pieces and cover with water. Boil until tender and strain. Use enough beets to make 4 cups of the red juice and add:

BEET JELLY (Continued)

1 1/2 pkg. M. C.P. pectin 1/2 c. lemon juice

Bring to rolling boil. Add 6 cups sugar and boil 4 minutes. Bottle.

Myrtle Fry

FUDGE

2 c. sugar 1 or 2 sq. chocolate 2 Tbsp. corn syrup

2/3 c. Darigold milk

1 tsp. vanilla

1 Tbsp. Darigold butter

Mix the sugar, milk, grated chocolate and corn syrup and boil rather slowly, stirring until the ingredients are well blended. Boil to the soft ball stage.

Remove from the stove, add the butter, but do not stir it in. When lukewarm, add the vanilla and beat until it is creamy and has lost its gloss. It requires quite a bit of beating.

When it begins to hold its shape, pour into buttered pan.

Let harden - cut into squares.

Eve Carr

HEAVENLY HASH

2 doz. marshmallows 2 sq. unsweetened chocolate 1 c. Sego milk 2 c. sugar 1/4 tsp. salt

2 Tbsp. corn syrup 1/4 tsp. vanilla

Stir until sugar dissolves. Cook until a few drops forms a soft ball. Cool, add vanilla. Beat until light and holds its shape. Pour over marshmallows or add 1/3 cup chopped nuts. Beth Taylor

CARAMEL POPCORN BALLS

1 c. brown sugar 1 c. white sugar

1 c. Karo syrup

1 c. Darigold rich milk

Cook in heavy saucepan to firm ball only. Stir constantly. Pour over 15 qt. salted popped corn. Stir until mixed. Shape into balls.

Alice Shumaker

FUDGE

1 tall can evaporated milk

4 1/2 c. granulated sugar

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GOOD MILK IS GOOD FOOD - USE DARIGOLD PRODUCTS

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BREMERTON, WASHINGTON

FUDGE (Continued)

1/2 tsp. salt

Boil 10 minutes, stirring constantly, as it burns easily. In a large bowl place the following:

3 pkg. chocolate chips

2 c. nuts

1 8-oz. jar Marshmallow

Cream

1 tsp. vanilla 1/2 lb. Darigold butter

Pour hot syrup over ingredients in bowl, mix thoroughly, then pour into buttered pans and cool.

Martha Francom

SPOOK FUDGE NUTS

1 c. sugar 1/2 c. brown sugar 1/4 tsp. salt 1/2 c. Darigold sour milk 1/4 tsp. cinnamon 1 Tbsp. lemon juice

Combine sugar, salt, milk and lemon juice in pan over heat and stir until sugar dissolves. Cook until it forms a soft ball. Pour over 2 1/2 cups nuts and stir until nuts are well covered. Separate in chunks by using 2 forks.

Chloe Stayner

BANANA BUTTER

3 c. prepared fruit juice of 1 lemon 6 1/2 c. sugar 1/4 tsp. Darigold butter1 bottle Certo

To prepare fruit, crush about 10 fully ripe bananas to a fine pulp and prepare lemon juice.

Measure sugar, prepared fruit, lemon juice and butter into large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard one minute. Remove from fire and stir in Certo. Pour quickly.

Makes about 10 glasses.

Maybelle Hepworth

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CALORIE COUNTERS

BEVERAGES

DEVENAGI	-5	
Carbonated Water		xxx c.
Coffee, black, unsweetened		XXX C.
Cocoa, All Milk	1 cup	230 с.
Cola Beverages	1 sm. glass	100 c.
Lemonade	l sm. glass	75 c.
Tea, plain, unsweetened	1 cup	XXX C.
200, p		
BREADS, CRACKERS,	ROLLS, ETC.	
Gluten Bread	1 slice	30 с.
Raisin Bread	1 slice	100 с.
Rve Bread	1 slice	70 с.
Enriched White Bread	1 slice	65 с.
Melba Toast	1 slice	25 с.
Whole Wheat Bread	1 slice	75 с.
Baking Powder Biscuits		
Saltines	1 double	40 c.
Soda Crackers		25 с.
Bran Muffin		
Corn Bread	1 small square	130 с.
French Hard Roll	l small	80 c.
French Toast	1 slice	130 с.
Gingerbread		
dingoi bi bud	L DIIOCIIIIII	
CANDIES		
CANDIES		
Chocolate Bar - Nut	1	400 c.
Chocolate Bar - Plain	1	350 с.
Chocolate Cream		
Mints	5 very small	7 c.
Poncorn Plain	1 cun	65 c
Popcorn, Plain English Toffee	1	25 с.
might follow		
CEREALS		
Corn Flakes	1 cun	132 c.
Cram of Wheat	B/4 C	100 c.
Ostmosl	74 C	100 c.
Cream of Wheat Oatmeal Shredded Wheat, biscuit	1	100 c.
billedded Wileat, bisedit		
DAIRY PRODUCTS	AND EGGS	
Butter	1 level Thsp.	100 с.
American Cheese	1 cube 1½ inch	100 с.
Cream	1 Then	30 c.
Cream, whipped	1 Then heaning	50 c.
Eggs, boiled	1 average	70 c
Eggs, fried	1 with 1 tsp hutter	110 c
Egg white	1	14 c
Egg Yolk	1	56 c
Buttermilk	1 6	88 c
Whole Milk	1 cun	170 c
Oleomargarine	1 lovel Then	100 c
Oleomargarine	r level rusp	

DESSERTS

Angel Food Cales with Tains		150 -
Angel Food Cake with Icing	average since	190 C.
Chocolate Cake — 2 layers		
Cup Cake, plain		100 C.
Fruit Cake	average slice	350 c.
Shortcake, with fruit		
Chocolate Cookie		
Ice Box Cookie		
Chocolate Ice Cream	½ cup	250 c.
Sodas — all flavors	l glass	350 c.
Vanilla Ice Cream	½ cup	100 с.
Lemon Ice	$\frac{1}{2}$ cup	110 c.
Chocolate Eclair] small	150 c.
Cream Puffs		250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie — all kinds		
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 с.
Bread Pudding	¹ / ₂ cup	150 с.
Jello — all flavors		
Tapioca Pudding	$1\frac{1}{2}$ cup	200 c.
FISH AND SE	AFOODS	
Haddock		100 c
Halibut		
Lobster	1/. our	195 a
Oysters		
Perch	/3 Cup	20 6.
Salmon (canned)	5 medium	100 c.,
Salmon (canned)	½ cup	100 6.
Salmon (fresh)	1 Slice	100 c.
Scallops		
Shrimps		50 C.
Trout (brook)	1/ 2000	10 C.
Tuna (canned)	½ cup without oii	100 с.
FLOUR FO	OODS	
Dumplings	1	100 с.
Macaroni and Cheese	³ / ₁ cup	280 с.
Noodles (cooked)	½ cup	60 с.
Pancakes		100 с.
Waffles	1	225 с.
FOWL		
		150 -
Chicken (fried)	I small thigh or leg	150 c.
Chicken (fried)	piece breast	150 C.
Turkey (roast)	slice white meat	100.c.
Turkey (roast)		125 c.
FRUIT	Г	
Apple (raw)	1 large	100 с.
Banana	1 medium	100 c
Cantaloupe	$\frac{1}{2}$ - 5 inches diamet	ter 50 c.
Cantaloupe Cranberries (sauce)	1/5 cup	100 c
Dates	3 to 4	100 c
Granefruit (unsweetened)	1/3	100 c
Grapefruit (unsweetened) Oranges	1 average	80 c

MEAT

MEAT		
Bacon (crisp)	.4 slices	100 с.
Hamburger	.1 patty	200 с.
Beef Roast	.1 slice	100 с.
Round Steak (lean)	.1 piece	100 с.
Fried Ham	.1 piece	200 с.
Meat Loaf	.1 slice	150 с.
Pork Chop	.1 medium, lean	200 с.
Spareribs	1 piece, 4 ribs	150 с.
Frankfurter	.1 small	100 с.
	_	
SALAD:	5	
(Without Dre	essing)	
Cabbage, celery, pineapple		70 c
Cabbage Slaw	average helping	35 c
Fruit Gelatin	average helping	110 c
Potato		
Tomato and Lettuce	average helping	35 c
Waldorf	average helping	100 c.
	average neighing	
Waldorf SALAD DRES	SINGS	
Boiled Dressing		
Cream Dressing	1 Then	50 c.
French Dressing	1 Then	75.0
Mayonnaise	1 Then	100 c
Thousand Island	1 Then	175 c
Thousand Island	.1 105p.	
SOUPS AND COL	NSOMMES	
		200 a
Bean (Navy)' Bouillon	1 eup	25 0
Chicken with Rice	1 our	100 a
Potato		
Tomato (clear)	1 eup	50 0
Vegetable		
, vegetable	.1 cup	100 C.
VEGETAB	LFS	
Asparagus (canned)		50 a
Beans (baked)	1/. oun	200 6
String Beans	1 aun	25 0
Posts (socked)	1/ aup	45 C.
Beets (cooked)	1 aun	25 0
Cabbage (cooked)	1 aun	20 C.
Carrots (cooked)	1 oup	50 C.
Carrots (fresh)	1 can	50 C.
Corn (on cob)	1 laws bood	60 C.
Lettuce	1/ aug	50 C.
Peas (canned)	4 pieces	100 0
Potatoes (french fried)	1/ aug	100 C.
Potatoes (mashed) Sweet Potatoes	1 amoll	150 c.
Radishes	T Sman	100 C.
radishes	1 aun	10 C.
Sauerkraut		
Spinach	1 cup	40 C.
Tomatoes (raw)	1/	55 C.
Tomatoes (stewed)	. ½ cup	оо с.

SUGARS

Beet	1 tsp	25 c.
Brown		
Cane (granulated)	1 ten	25 c
Powdered	1 Than	25 0
Townered	1 DSp	30 C.
	JUICES	
Grape Juice	1/2 cup	70 c.
Grapefruit Juice	1 cun unsweetene	d 100 c
Orange Juice		
Dinger Juice	1/2 cup	
Pineapple Juice	<u>79</u> cup	00 C.
Tomato Juice	½ cup	25 C.
	NUTS	
Almonds (salted)	10	100 c.
Cashew	4 to 5	100 с.
Cocoanut (shredded)		
Peanuts (salted)	18	100 c.
Pecans	19	100 c.
Walnuts		1UU C.

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